

# **Reports on the Effects Long-Term Participation In The Monroe Institute Programs**

## **Participant I**

### **How does the Spirit move across the Face of the Earth?**

#### **The Story of Participant I**

He remembers the blitzkrieg and going to the bomb shelters as a small child. It frightened him badly. He was told to “put my fingers in my ears, and I won’t hear the bombs.” As he looks back on it, “I can see the seeds of my depression.” He describes his family as “quite dysfunctional.” His father was a drunk and beat his mother.

The family across the street was an important contrast for him. “They were so decent and well educated. They were a kind of oasis for me several hours a week for a number of years.” But it wasn’t enough to make home life more tolerable or maybe the contrast was just too painful because he regularly plotted his escape. “I always wanted to get away on my own. I would slip away to go down to the river. I was a rather solitary fellow.”

### **What is on the Other Side of the Rainbow?**

#### **Engagement of Multiple Intelligences**

- Started and currently runs a translation business. Astrological writing. Scholarly articles in transpersonal psychology.
- Shakespearean trained actor. Taught English in Saudi Arabia. Former principal of a school in Australia.
- Yoga

#### **Other Personal Development Activities**

- Has done significant Astrological work (studied to become an astrologer), became an accomplished hypnotist, more recently attended a number of Jose Silva sponsored workshops, and continues to attend the Quakers meetings.

#### **Anticipation of Liminal States**

Seeking those moments when you can witness the manifestation of spiritual forces

#### **Relationship with Inner Guidance**

- I felt the emergence of guidance in my life when I began meditating over 40 years ago. I became the ocean that I am.

**Compassion for Oneself and Others**

- The irresistible forces in my life seemed to condemn me to bouts of depression that left me struggling for understanding. When I had a heart attack, a light filled my existence with an experience of love that overwhelmed me for days. Since then I have felt a sense of acceptance.

**Reflections**

I have never felt such a degree of acceptance as I did when attending TMI.